

Chili Crusted Sea Bass

Serves: 4

Ingredients:

4 skinless and boneless fillets, 8 oz. each
1 cup Asian Panko crumb / flake*
1/4 cup blackened fish seasoning
3 tablespoon melted butter

Preparation:

- 1) Preheat oven to 450°F.
- 2) Brush both sides of fish with melted butter and place in a shallow baking dish.
- 3) Arrange so that fillets are not touching.
- 4) In a mixing bowl, place blackening seasoning, crumbs, and melted butter.
- 5) Mix well to evenly distribute butter.
- 6) Spread crust evenly over the tops of the fillets and press lightly.
- 7) Place just enough water in the pan to cover the bottom, do not place too much so that the topping on the fish is affected.
- 8) Bake for 8-10 minutes or until fish is no longer transparent.

Chef's Tip

Instead of blackened fish seasoning, you can try substituting a chili seasoning mix.

*Panko is a type of light breading/coating that can be found in an Asian market.